



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

**Grubba, Dr.med. Thomas**

Club: Salzgitter

Number: 276

Course: 27.00 km

Brockenlauf

Category:

Männer M40

Total time: 2:56:22

Speed: 9.19 km/h

Running performance: 6:32 min/km

Rank in course/Total: 326 (of 403)

Rank in course/Men: 298 (of 355)

Best time in course: 1:44:00

Rank in category: 56(of 61)

Best time in the category: 1:44:00

### Intermediate times

### Stage score

### Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Hermannsklippe | 9.00        | 56:33         | 6:16            | 37          | 17:25          | 191         | 17:25         | 9.00          | 56:33         | 6:16            | 26          |                | 299        | 17:25         |
| Brocken        | 3.00        | 34:46         | 11:35           | 56          | 15:32          | 312         | 15:59         | 12.00         | 1:31:19       | 7:36            | 26          | 1:05           | 299        | 32:57         |
| Finish         | 15.00       | 1:25:03       | 5:40            | 57          | 39:25          | 329         | 39:25         | 27.00         | 2:56:22       | 6:31            | 56          | 1:12:22        | 299        | 1:12:22       |